COVID-19 RESOURCE GUIDE
Indiana Youth Services Association and its partners the Indiana Afterschool Network and 21st Century Community Learning Centers are committed to enhancing organizations’ ability to serve youth and families in need during COVID-19.

The following guide is intended to be reference for agencies to use when helping families address the challenges they are facing during this time. It is not an all-inclusive guide but rather contains information in four areas: Education and Enrichment, Social-Emotional, Food/Nutrition, Agency operations.

If there are resources not included in this guide that would be of help to families or your organization please submit them here.
GLOSSARY

Education & Enrichment Resources  Page 3
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EDUCATION & ENRICHMENT RESOURCES
1. Academic Support & Tutoring

- **STEM Ecosystems Resource Library**
  Find a variety of webinars for educators, teachers and parents alike that will provide practical tips on how to keep children engaged and learning through at home STEM activities.

- **Indiana Department of Education’s Covid-19 Remote Learning Resources**
  The Office of Curriculum and Instruction is dedicated to providing the best resources for educators and families during this time of extended remote learning. This site will be updated continuously throughout the next several weeks.

- **Playworks Play-at-Home**
  Play is more important than ever right now. Kids need play to stay active and engaged with one another, and to support families and teachers. We want to share our expertise to help keep kids engaged in play during this time. Access a Play at Home Playbook available in both English and Spanish. Playworks will also be broadcasting #PlayAtHome Recess live on Facebook at 11 a.m., 1 p.m., and 3 p.m. (CT) Monday through Friday. Tune in for stretching and warm-ups, interactive games, cheers, and cool down activities.
1. Academic Support & Tutoring - Continued

- **The Fordham Institute’s Interactive Learning from Home Resources**
  Home learning can be an adjustment for you and your child, but here’s a resource that will hopefully make it a little easier. Access a list of educational materials, Youtube Channels, podcasts, Netflix series and more that are appropriate and education or your child.

- **Amazing Educational Resources List of Free Education Subscriptions**
  Find a list of companies offering FREE subscriptions during COVID-19 school closures.
2. Staff Development & Preparedness

- **Yale University’s The Science of Well-Being Free Course**
  In this course you will engage in a series of challenges designed to increase your own happiness and build more productive habits. As preparation for these tasks, Professor Laurie Santos reveals misconceptions about happiness, annoying features of the mind that lead us to think the way we do, and the research that can help us change. You will ultimately be prepared to successfully incorporate a specific wellness activity into your life.

- **Indiana CYC Certification**
  Working on your CYC application at home? Several CYC informational sessions will be held via webinars. Click the link above to find the times/dates offered and sign up. No registration required.

- **Growing Leaders’ Home Chat Guides**
  Access a Parent’s Guide on how to have engage in healthy, purposeful conversations during the Coronavirus outbreak. There are 8 free conversation starters available as well as vlog series that will help guide conversations that will teach leadership and life skills. It’s a fun and creative way for parents to interact with their children.
2. Staff Development & Preparedness - Continued

• **Indiana Academy of Out-of-School Learning**
  Looking for high-quality online training specifically designed for afterschool professionals? Join hundreds of Indiana OST professionals in the Academy. All courses are aligned with the IN Afterschool Standards, CYC credentials, and CCDF requirements.

• **My Afterschool Locker**
  IAN’s new go-to place to find resources that strengthen program quality. The one-stop shop supports programs focusing on curriculum, community engagement, workforce connectivity, and team tools – it provides less plans, engagement ideas, and connections to Indiana organizations and individuals in the field of afterschool and out-of-school time.

• **Indiana Youth Institute**
  Keep up with upcoming events and virtual workshops taking place for youth worker professionals.
2. Staff Development & Preparedness - Continued

- **California School-Age Consortium Trainings**
  Find a variety of trainings offered for youth professionals ranging from topics on Youth Development to Quality Programming. Each category containing several trainings to enhance your staff’s knowledge and readiness.

- **You for Youth (targeted at 21st CCLC programs but the trainings are universal)**
  Online professional learning for State Coordinators, Program Directors and 21st CCLC practitioners. This resources comes with access to FREE resources and materials to address your programs needs.

- **2020 Covid-19 Supply Swap**
  This public, sharing google document is intended for those serving youth and families during these uncertain times. If you have a supply need and/or supplies that can be donated to another program, please fill out a line on this form with your specific information. This document is evolving in real-time.

- **Regional Resource Map**
Social - Emotional Emergency Resources
Social-Emotional

1. **Understanding Trauma with Dr. Becky Bailey**
   Create an account "Purchased" (IT'S FREE). Registration for this 3-Session series includes:
   - 3 video sessions with Dr. Becky Bailey (120+ minutes of content)
     - Session 1: The Dynamics of Trauma
     - Session 2: Reaching Children with Trauma
     - Session 3: Teaching Children with Trauma
   - A downloadable participant workbook for each session
   - Additional digital downloads and resource links

2. **Parent Guide to Resilience!**
   Family life has been turned completely upside down from recent events. Good resources that guide how to spend quality time together and collectively improve family resiliences are vital. This guide is a valuable resource to assist in this, and we're offering to everyone for free for the next few months.

3. **Trauma Therapy with Bessel van der Kolk, MD**
   What lessons can we draw from trauma therapy that could help clients regain a sense of agency during the pandemic? Dr. Bessel van der Kolk offers some suggestions that can be helpful to re-instill hope and togetherness.

4. **Suicide Prevention Webinar**
   The COVID-19 crisis and forced isolation increases the stress levels for all while limiting our support systems and taxing our coping skills. Please share this link with your staff members and service partners and join us for this Suicide Prevention webinar facilitated by Whitney Nixon, our ITVAP Service Provider Support Director, a Certified QPR trainer.
5. **Self-Care for Services Providers Webinar**
   We know that service providers are jumping into overdrive to ensure that youth and families needs are being met during this time of crisis. It is as equally important, however, that workers practice self-care during this difficult time. Please share this link with your staff members and service partners and join us for this Suicide Prevention webinar facilitated by Whitney Nixon, our ITVAP Service Provider Support Director.

6. **Federal Guidelines to Effectively Address COVID-19 in your Community**
   - Measures to address COVID-19 in your community, including at home, in childcare settings and schools, homeless centers, at work and in faith-based settings
   - Information for Higher-Risk and Special Populations

7. **IN DMHA Mental Health Resources**
   Government information about SOC and mental health resources for youth.

8. **DOE Mental Health Resources**
   A resource list of services that target all aspects of a youth’s mental health and well-being. Both state and national resources available. Professional development resources available, as well.
9. **Kids Voices IN Community Resources**
   Information to community resources for clients, legal aid, youth agencies and other supporters.

10. **PlayWorks**
    We’re providing free video tutorials of games that follow CDC guidelines and can be played at home with little to no equipment. Families can also download a printable Play at Home Playbook that features these games. You and your family can play along during a free virtual recess with Playworks live on Facebook three times per day Monday-Friday. Watch what the experience feels like for children who play along. Unable to tune in to our Play at Home Live Recess segments? Our Youtube channel features several videos that provide demonstrations of games, such as Popcorn featured below, that can be played at home.

11. **Sesame Street**
    Discover ways to talk about COVID-19 with your child, manage their uncertainty and learn comfort strategies to help them during this difficult time. Sesame Street also provides printable worksheets, videos, workshops and more that will keep children engaged and entertained all while learning!
Supporting Children and Families

1. Supporting Children’s Emotional Well-Being during the COVID-19 Pandemic
   This resource offers information on supporting and protecting children’s emotional well-being as this public health crisis unfolds.

2. Stress, Resilience, and the Role of Science: Responding to the Coronavirus Pandemic
   Learn more about the effects of this pandemic and the role science plays.

3. Talking with Children about Coronavirus Disease 2019: Messages for Parents, School Staff, and Others Working with Children
   Parents, family members, school staff, and other trusted adults can play an important role in helping children make sense of what they hear in a way that is honest, accurate, and minimizes anxiety or fear. CDC has created guidance to help adults have conversations with children about COVID-19 and ways they can avoid getting and spreading the disease.

4. COVID-19 Fact Sheet for Grandfamilies and Multigenerational Families
   This fact sheet provides information for grandfamilies to stay healthy, informed and connected during the COVID-19 pandemic.

5. Young Children at Home during the COVID-19 Outbreak: The Importance of Self-Care
   Learn ways to check-in and take care of yourself (emotionally, physically, and mentally) during this stressful time, so you can be the best you for your young children and their needs.
Addressing Social Service Needs

   This article provides critical information about the impacts of COVID-19 on the child welfare system.

2. Supporting Children and Youth Experiencing Homelessness during the COVID-19 Outbreak
   This article are questions for communities to consider on how to support children and youth experiencing homelessness during the COVID-19 outbreak.

3. School-Based Health Centers Can Deliver Care During the COVID-19 Pandemic
   This article contains recommendations and considerations geared towards school based health centers to help support the health and well-being of students.
KEEPING YOUR FAMILY HEALTHY

FINDING YOUR LOCAL FOOD PANTRY

RECIPES AND RESOURCES TO HELP WITH FAMILY MEAL PLANNING

NUTRITION TIPS
FINDING YOUR LOCAL FOOD PANTRY

Local Food Pantry:

1. Food Assistance Availability Map

2. Local Food Pantry Finder

Local Fresh Produce:

1. Ample Harvest

School Distribution:

1. COVID-19 School-Based Food Support

2. Use INView to Find Your School
FAMILY FRIENDLY RECIPES & LINKS

Recipes for Plant Based Diets:

**Asian Style Farro Buddha Bowl w/ Crispy Baked Tofu**

![Asian Style Farro Buddha Bowl w/ Crispy Baked Tofu](image)

Whole grain farro is topped with shredded carrots, edamame, roasted Brussels sprouts and sweet potatoes, and crispy baked tofu and then tossed with a miso lime dressing for a vegetarian meal the whole family will love. Can easily be made vegan and gluten-free.

**BBQ Tofu Sliders**

![BBQ Tofu Sliders](image)

BBQ Tofu Sliders are an easy and inexpensive alternative to pulled meat sandwiches. With a simple and uncomplicated ingredient list, this is a tofu dish anyone can master!
Sheet Pan Recipes:

**Chicken Pot Pie**

If your favorite part of the chicken pot pie is the crust, we've got you covered. This creamy version is topped with acres of light and flaky pastry and takes less than a half hour of hands-on time, making it easy enough for a weeknight and fun enough for a crowd.

**Sweet and Sour Chicken**

This oven baked Sheet Pan Sweet and Sour Chicken is a little more forgiving than a fast moving, high heat stir fry, making it great for beginners!

**One Pot Recipe:**

**One Pot Bacon Chicken and Broccoli Mac and Cheese**

This One Pot Bacon Broccoli Mac and Cheese is fast, easy, and absolutely fool proof. This sauce stays smooth and creamy!
Health Conscious Recipe:

**Grilled Corn Nachos**

![Grilled Corn Nachos Image]

This classic Mexican offering is basically like the kitchen sink of deliciousness. We love the addition of grilled corn to an already stellar ingredient lineup.

Family of 5 or More Recipe:

**Teriyaki Chicken Thighs**

![Teriyaki Chicken Thighs Image]

This slow cooker teriyaki chicken recipe always goes over big with my family.

Links to more recipes
FOOD AS MEDICINE

FOOD AS MEDICINE:
Functional Nutrition relies on nutrients from the foods we eat to provide our body with the supplies it needs to function optimally. We influence our health with everything we eat, so whenever possible:

- Eat whole foods, fresh or frozen as available
- Include lots of colorful fruits and veggies to get your fiber and polyphenols (micronutrients full of antioxidants and other health benefits)
- Cook with onions, garlic, ginger, and immune boosting spices (turmeric, cumin, cardamom, oregano, rosemary, cinnamon, etc.)
- Eat prebiotic foods to feed your good gut bugs (apples, bananas, asparagus, dandelion greens, leeks, onions, garlic, mushrooms, oats, barley, lentils, chickpeas, kidney beans are on this list)
- Eat some fermented foods each day (sauerkraut, kimchi, kefir, yogurt, miso, kombucha, tempeh)
- Reishi mushrooms (the “King of Herbs” in traditional Chinese medicine) are immune-modulating, meaning they have the ability to regulate (or normalize) the human immune system. They turn it up or down as needed.
- Hydrate! Drink plenty of water and supplement with herbal teas and fresh veggie juices
- Bone broth is especially supportive and healing
ADD THESE KEY IMMUNE-BOOSTING NUTRIENTS:

- Vitamin A (protects against infections, increases white blood cell production) – cod liver oil, liver, carrots, spinach
- Vitamin C (anti-viral, anti-bacterial, and antihistamine; boosts antibody production) – papaya, red bell pepper, strawberries, oranges; superfoods like camu camu, goji berries, inca berries
- Vitamin D (activates and supports immune cells) – best source is sunlight! Also liver, grass-fed butter, fatty fish, egg yolks, fermented cod liver oil
- Zinc and Selenium (great immune boosters; support anti-viral activity in the body) – liver, beef, oysters, scallops, lamb, oats, sesame seeds, pumpkin seeds, brazil nuts
- Oregano oil (anti-viral, antibiotic, and anti-inflammatory properties; powerful antioxidant) – use internally in supplement form or use the essential oil on skin
- Monolaurin (powerful anti-viral properties) – coconut oil, full fat coconut milk
- Quercetin (antioxidant and anti-inflammatory) – apples, onions, citrus, berries, green tea, broccoli
- Probiotic (helps maintain a healthy intestinal barrier, which is critical to immune system function) – seek brands that offer multiple species of good bacteria and contain at least 5-10 billion organisms per serving.
- Specific agents for supporting our entire respiratory tract are Frankincense and Eucalyptus oils as well as the herb Elecampane (also called horse-heal or elfdock).
Operations Resources
Productivity Applications

1. GoToMeeting Guide to Working Remotely and Free 90-Day License

2. Google Docs Beginner Guide

Fundraising

1. Asking Matters
Learn what it means to “ask” in today's times and how to use this technique with your donors.

2. Philanthropy Webinar
Register to watch this webinar on philanthropy in a changing landscape.

Employment

1. Indiana Workforce Development
   Indiana Department of Workforce Development’s latest information on employment. Resources also available in Spanish.

2. Employee Check-In Check List
   Without a checklist, and with so many things to attend to we might forget to do the very things we have been trained to address: making sure the people (our people) are alright.

Health Benefits

1. FSSA Benefits Portal
   The FSSA benefits portal where you can apply for benefits, check eligibility and check case information regarding your benefits.
Organizational Vitality

1. **Verizon Small Business Recovery Fund**
   Verizon is offering grants to help small businesses fill urgent financial gaps until they can resume normal operations or until other more permanent financing becomes available.

2. **Rapid Response Loan Fund**
   Navigating the process to get needed loan capital in the midst of COVID-19 is difficult. Rapid Response can help you consider your options and meet your company’s financial needs.

Finance

1. **Webinar on Understanding COVID-19 SBA Disaster & Small Business Loans**
   A detailed comprehensive checklist enclosed.
DOCUMENTATION CHECKLIST FOR THE SBA DISASTER & SMALL BUSINESS LOAN APPLICATION

Below is a detailed list of items you will need to Apply for the SBA Disaster & Small Business Loans:

1. Small Business Administration Application Form 2483

2. Borrower & Ownership Information
   - Articles of Incorporation
   - By-Laws & Operating Agreement
   - Certificate of Good Standing (Bank will obtain)
   - Verification of Ownership
   - Affiliation – SBA Affiliate Eligibility Form C
   - Driver’s License (front and back) for each Owner 20% and greater

3. Payroll Documentation
   - IRS Quarterly 940, 941, or 944 payroll tax reports(2019)
   - 1099’s for independent contractors
   - Monthly payroll reports for 12-month period ending on most recent payroll date
   - Employee pay stubs for February 15, 2020 (or corresponding period)
   - Corresponding Payroll Bank Statements
   - Breakdown of payroll and benefits for each employee as follows:
     - Gross wages
     - Vacation Paid time off
     - Paid FMLA or Other Leave
     - Group Healthcare Premiums paid under a group Health Plan. Include all employees and owners.
     - Retirement Plan Funding paid by company owners. Include all employees and owners. Include 401k plans, Simple IRA and SEP IRAState and Local Taxes
4. Financial Statements

[] Trailing 12-month profit and loss statement
[] 12/31/2019 year-end financial statement
[] Most recent federal income tax return for applicant
[] Bank statements for operating account and payroll accounts for January, February, March 2020

5. Other Documentation

[] Most Recent Mortgage Statement/Lease (Rent) Statement
[] Most Recent Utility Bills (Electric, Gas, Phone, Interest, Water
[] Confirmation of funding from SBA Economic Injury Loans or Grants (if any)

For help or additional information on this process, please contact Rod Humprey at 317-435-3447.
QUICK LINKS

Education & Enrichment Resources

Academic Support & Tutoring:
- [STEM Ecosystems Resource Library](#)
- [Indiana Department of Education’s COVID-19 Remote Learning Resources](#)
- [Playworks Play-at-Home](#)
- [The Fordham Institute’s Interactive Learning from Home Resource](#)
- [Amazing Educational Resources List of Free Education Subscriptions](#)

Staff Development & Preparedness:
- [Yale University’s The Science of Well-Being](#) (free course)
- [Indiana CYC Certification](#)
- [Growing Leaders’ Home Chat Guides](#)
- [Indiana Academy of Out-of-School Learning](#)
- [My Afterschool Locker](#)
- [Indiana Youth Institute](#)
- [California School-Age Consortium Trainings](#)
- [You for Youth](#) (targeted at 21st CCLC programs but the trainings are universal)

Supply & Resource Needs:
- [2020 COVID-19 Supply Swap](#)
- [Regional Resource Map](#)
QUICK LINKS

Social-Emotional Resources

Social-Emotional:

- Understanding Trauma with Dr. Becky
- Parent Guide to Resilience!
- Trauma Therapy with Bessel van der Kolk, MD
- Suicide Prevention
- Self-Care for Service Providers
- Federal Guidelines to Effectively Address COVID-19 in Your Community
- Federal Information on COVID-19 Among Higher-Risk and Special Populations
- IN DMHA Mental Health Resources
- DOE Mental Health Resources
- Kids' Voices IN Community Resources
- PlayWorks
- Sesame Street
Quick Links

Social-Emotional Resources

Supporting Children and Family:

• Supporting Children's Emotional Well-Being During COVID-19 Pandemic
• Stress, Resilience, and the Role of Science: Responding to the Coronavirus Pandemic
• Talking with Children about Coronavirus Disease 2019: Messages for Parents, School Staff, and Others Working with Children
• COVID-19 Fact Sheet for Grandfamilies and Multigenerational Families
• Young Children at Home During the COVID-19 Outbreak: The Importance of Self-Care

Addressing Social Service Needs:

• Coronavirus: What Child Welfare Systems Need to Think About
• Supporting Children and Youth Experiencing Homelessness During the COVID-19 Outbreak
• School-Based Health Centers Can Deliver Care During the COVID-19 Pandemic
QUICK LINKS

Keep Your Family Healthy Resources

Food Pantry:
- Local Assistance Availability Map
- Local Food Pantry Finder

Fresh Produce:
- Ample Harvest

School/District Resources:
- COVID-19 School Based Food Support
- INView School Lookup

Recipes:
- Asian Style Farro Buddha Bowl w/ Crispy Tofu
- BBQ Tofu Sliders
- Chicken Pot Pie
- Sweet and Sour Chicken
- One-Pot Bacon Chicken and Broccoli Mac & Cheese
- Grilled Corn Nachos
- Teriyaki Chicken Thighs
- Eat at Home PDF Recipes
QUICK LINKS

Business Operations Resources

Productivity:
- GoToMeeting Guide for Working Remotely and FREE 90 Day License
- Google Docs Beginners Guide

Fundraising:
- Asking Matters
- COVID-19: Philanthropy in a Changing Landscape

Employment:
- Department of Workforce Development COVID-19 Information
- Employee Check in List

Health Benefits:
- FSSA Benefits Portal

Finance:
- Understanding COVID-19 SBA Disaster & Small Business Loan Webinar

Organizational Vitality:
- Verizon Small Business Recovery Fund
- Rapid Response Loan Fund